

756-237 Kinetic Studies 2A

Credit Points:	6.25
Level:	2 (Undergraduate)
Time Commitment:	Contact Hours: 4 hours per week Total Time Commitment: 5 hours per week
Prerequisites:	87.5 credit points from Year 1 including Kinetic Studies 1A and 1B
Corequisites:	None
Recommended Background Knowledge:	None
Non Allowed Subjects:	None
Core Participation Requirements:	<p><p>For the purposes of considering request for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Student Support and Engagement Policy, academic requirements for this subject are articulated in the Subject Overview, Learning Outcomes, Assessment and Generic Skills sections of this entry.</p> <p>It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and Student Equity and Disability Support: http://services.unimelb.edu.au/disability</p></p>
Contact:	Student and Academic Services, Faculty of the Victorian College of the Arts, 234 St Kilda Road, Southbank Vic 3006 Tel: 03 9685 9419
Subject Overview:	<p>The subject will involve further study and practice of ideokinetic processes to foster a balanced alignment of the skeletal system and re-education of neuromuscular habits in movement. Students will also investigate the mechanical principles underlying the design of kinetic imagery and the relationships of both bone and muscle groups in relation to postural alignment and efficient physical coordination. Students will experience moving from a source of imagery, emanating from Skinner Releasing Technique, ideokinesis and/or anatomical based releasing techniques. Other kinetic practices, such as Feldenkrais will also be studied. Students will study the development and use of imagery in movement and postural integration, components of good alignment, core stabilisation as well as structure, function and integration of the upper body structures.</p>
Assessment:	Participation and contribution to course work (10%); practical examination (30%); written requirements totalling no more than 2000 words (60%). Hurdle requirement - 80% attendance.
Prescribed Texts:	None
Breadth Options:	This subject is not available as a breadth subject.
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	<p>On completion of this course students should have acquired the following skills:</p> <ul style="list-style-type: none"> # the ability to apply theory to practice; # the capacity for kinaesthetic awareness; # the ability to exercise imaginative and transformative processes; # the capacity to communicate in writing.
Related Course(s):	Bachelor of Dance (VCA)